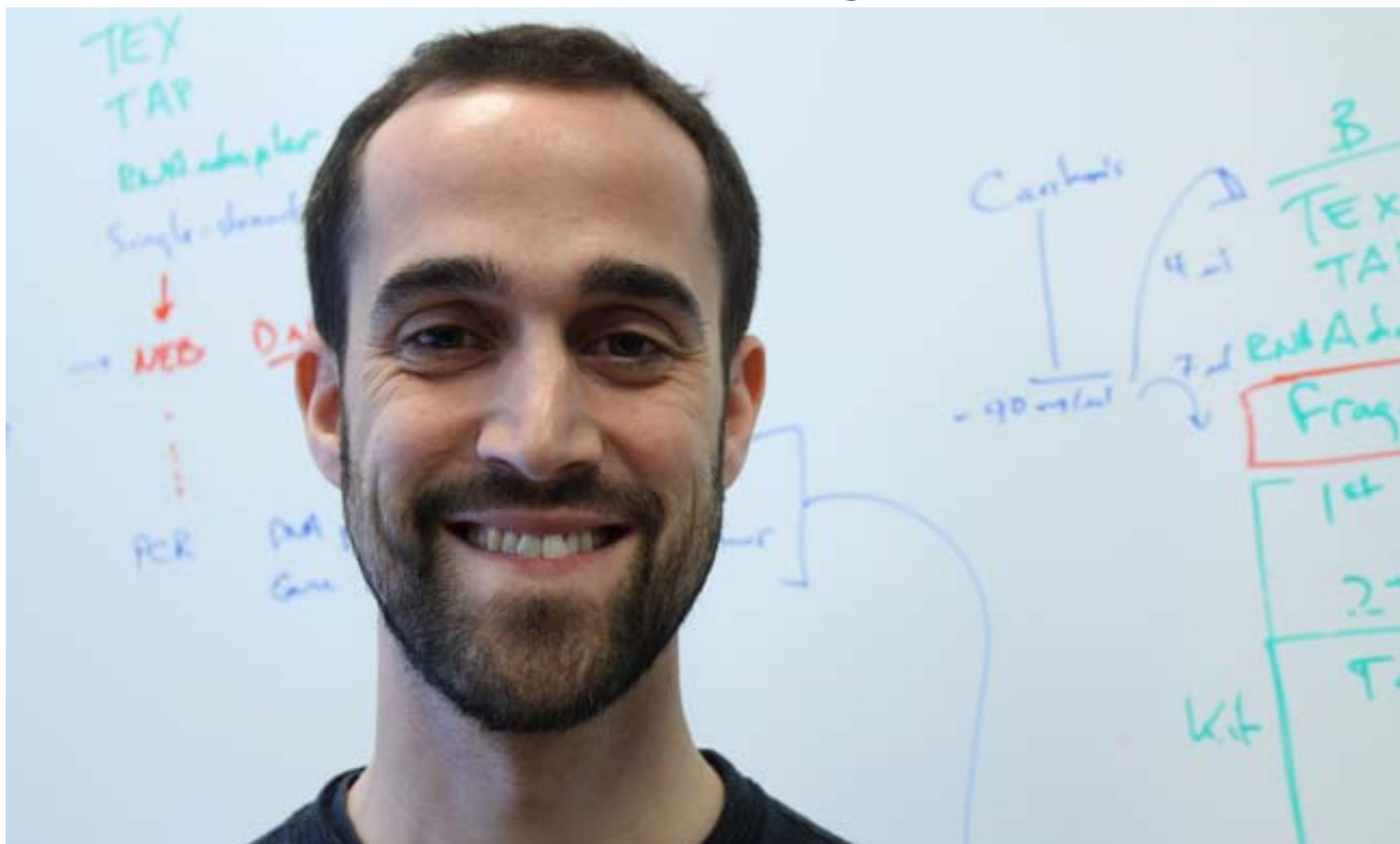


More research funding for U of R



Andrew Cameron, of the department of biology, received \$75,501 to continue his research on salmonella. Photo by Victoria Dinh

Victoria Dinh
@vicdinh

Recently, the federal government has made quite a stir with the financial cutbacks to research programs across Canada.

According to the CBC, over the past five years more than 2,000 scientists have been let go and hundreds of programs and research facilities have lost their funding. However, at the beginning of January, it was announced researchers at the University of Regina were rewarded more than \$400,000 in grants from a combination of federal and provincial funding. This begs the question: what is so special about this particular research?

"I really think that as a society, to be a healthy society both in Canada and globally, we need to invest in sciences. One of our primary goals (should be) to understand the natural world and things (that) make us sick. It's one of the most valuable things we can invest in," said Andrew Cameron.

Cameron, an assistant professor in the department of biology, sits at his desk, often glancing over at the wall of equations and numbers of his latest findings.

He is one of three U of R researchers to be awarded a grant from the government-funded Canada Foundation for Innovation this year.

"CFI is extremely competitive nationally and to have three of our professors receiving these awards is further proof of the research strengths of the University of Regina," David Malloy, vice-president (research), said in a news release.

Cameron received \$75,501 from the CFI along with a matched amount from the Saskatchewan Innovation Science Fund. This money will be used to aid Cameron's study examining the genetic mechanisms that control bacterial diseases.

"At the moment the lab is working with salmonella. We're pursuing the hypothesis that when we consume salmonella, it's not inevitable that it's going to make us sick. Another piece of what we're pursuing is that we think that salmonella is eating DNA," Cameron said.

By avoiding antibiotics, Cameron and his team are looking into an ecological approach to determine if salmonella feeds on DNA in the intestine. This would help treat and reduce bacterial infections by making it less pathogenic and invasive.

The department of biology's Josef Buttigieg is another recipient of the CFI grant.

Trying to pinpoint a time in his life when he discovered his love for science, Buttigieg concluded that he has been interested in the subject ever since he could remember.

"When I was about six, they had a presentation at my school's gym, and this person who I've never seen before came in with a wheel chair... His name was Rick Hansen," Buttigieg recalled. Hansen, a Canadian Paralympian and advocate for people with spinal cord injuries, talked to the students about spinal cord injuries and paralysis. This moment sparked the then six-year-old's interest in anatomy, biology and, in particular, neurodegenerative diseases.

This year, Buttigieg received \$79,808 from the CFI, which was matched by the Saskatchewan Innovation Science Fund, for his study on neurodegenerative diseases such as multiple sclerosis, stroke, and spinal cord injury.

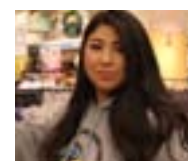
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MEDIA

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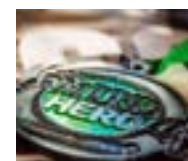
"I don't like people knowing my stuff."



ABORIGINAL AFFAIRS

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Competition heats up for NAIG athlete hopefuls.



SPORTS

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Saskatchewan doesn't like to get down and dirty.

Foster families respond to report

Jeanelle Mandes
mandes2j@uregina.ca

The Saskatchewan Ministry of Social Services recently released information that nearly 500 children in care died within a 20 year span.

“It really doesn’t surprise me, in my experience; things could have gotten so much worse,” said Miranda Hanus.

Hanus, 40, was born and raised in Regina, Saskatchewan. By the time Hanus was seven years old, she was taken away from her parents due to their battle with alcohol.

“When I was growing up, my parents never physically disciplined me, they never spanked me and they had never hit me. When I was in foster care, I was physically disciplined; I was spanked (and) hit. I was never used to that,” said Hanus.

Hanus believes there are possible reasons why some of the children in the foster care system face neglect.

“Dealing with overcrowding in a foster home is a huge issue. You (have) parents who are overwhelmed, and other kids aren’t getting their needs met,” said Hanus.

“It really doesn’t surprise me, in my experience; things could have gotten so much worse.”

- *Miranda Hanus*

Former Regina foster parent Josias Salgado believes one of the biggest issues for him was helping the children transition, especially those who come from abusive homes.

“Sometimes children would have visits with their families. If you train them in a certain way, sometimes they go back to see their parents for a couple hours or a day and they come back totally changed. It’s like all the work you put into it,” said Salgado.

He said the majority of the children he had under his care were aboriginal. Salgado provided short-term fostering, which made it even harder because the length of stay for the children was unpredictable.

“Some of the kids that would come (usually) came from abusive homes. That was a challenge to get to know them,” said Salgado.

Deb Davies, executive director for Saskatchewan Foster Families Association, said it’s very unfortunate children have died while in the ministry’s care.

“Any child dying in the services of the ministry is very alarming, or any child that passes away is very tragic,” said Davies.

Davies said foster families are carefully inspected before a decision is made about placing children with a family.

“The approval is done through the Ministry of Social Services. They do all the mutual family assessments; they do the background checks, the criminal record checks, the reference checks and child



Miranda Hanus: “Dealing with overcrowding in a foster home is a huge issue. You have parents who are overwhelmed, and other kids aren’t getting their needs met.” Photo by Jeanelle Mandes

| | | |
|--|---|---|
| abuse checks,” said Davies. | reasons unknown. | accountable for it. I don’t think there’s proper investigations (that) are done. I think there needs to be more work with parents before kids go into foster care,” said Hanus. |
| According to the CBC website, close to 500 deaths of children connected to the Ministry of Social Services were caused by Sudden Infant Death Syndrome (SIDS) or | It is the ‘reasons unknown’ that have Hanus believing that more needs to be done to address this issue. | |
| | “The thing is no one being is held | |


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INK Wednesday February 5, 2014

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Head, heart, hands and health

Jody Mooney, general leader of Long Trail Light Horse 4-H Club, walks her daughter’s quarter horse Wylie at Ridequine northeast of Regina. Photo by Taryn Riemer

Taryn Riemer
@riemer_42

It’s a program almost as old as the province itself.

However, when someone says 4-H, do you know what they’re talking about?

4-H started in Saskatchewan in 1917 in rural communities and has grown in to a nation wide program for people aged six to 25.

The project-based youth organization is dedicated to the growth and development of members, leaders, volunteers, and staff through the motto: “Learn to do by doing.”

Members learn about a specific topic and document their accomplishments in a special 4-H record book. They also participate in club meetings and events. They write and present a speech on any topic they can think of. At the end of the year, members showcase their work through their record book and sometimes at an achievement day.

4-H has strong ties to rural, agricultural communities, but has branched out into different areas over the past years.

The problem that 4-H has been facing is that their membership has been declining the last 20 years.

In 2003-2004 there were 4,009 members in Saskatchewan. In 2012-2013 there were 3,011 members.

Cera Youngson, marketing and communications coordinator of 4-H Saskatchewan, said the drop is due to interest in other activities.

“In those rural areas, back in the day 4-H was really one of the only opportunities that was available to rural youth, whereas today you have hockey, gymnastics, dance, all of those things.”

Jody Mooney, general leader of the Long Trail Light Horse 4-H Club, said her club has had fluctuating numbers over the years. This year, they don’t have any members in the intermediate or senior age groups.

Mooney hopes that in the coming years her club will have an increase in older members as they mentor the younger kids.

As for a solution to the decline, 4-H Saskatchewan has been working on a couple things.

Youngson said they have added a new age group to include people from 22 to 25, which is called future leaders. They have also added 26 new projects that members can choose from.

Some of the new projects include: animal tracking, best of bakery and geocaching. These new 4-H projects will still have an agricultural aspect to them, just like some of the original projects like beef, field crop and light horse.

Trent Catley, the general leader of the

Valley View 4-H Beef Club, said his club has seen cycles over the years and right now they are on a downward trend with just 10 members. He also said it is hard to be a straight beef club.

“There doesn’t seem to be quite as much interest in the showing of cattle as there used to be. So I think eventually we might have to look at becoming a multiple club if we want to survive. But hopefully

I’m wrong,” he said. Although membership has been on the decline for the past years, don’t think an old program can’t learn new tricks.

4-H Saskatchewan and 4-H Canada are looking into ways to connect with today’s youth and that means having more of an online presence and looking at new opportunities and resources.

Mooney hopes that in the coming years her club will have an increase in older members to mentor the younger kids. Photo by Taryn Riemer

Families look forward to family day

Tiffany Head
@HeadTiffany

Family Day is a statutory holiday that is celebrated by families doing all kinds of fun activities on the third Monday in February.

Denise Seidler, customer service representative at printing services, spends her day taking her son to the Science Centre.

“It’s a day off, so of course I enjoy it,

there’s nothing else in February,” she said.

Family Day first started in Alberta in 1990 to instill family values and give workers more time to spend with their families. Saskatchewan adopted the holiday in 2007, and Ontario joined in 2013. These provinces are the only ones that observe family day as a statutory holiday. The holiday also provides a day off between New Year and Good Friday, which are three months

apart.

There’s usually many activities planned in cities to get families involved, but not all families will go out and enjoy the day.

“We don’t celebrate family day. My mom’s a nurse and she works during statutory holidays,” said Tiffani Maas, who works at enrollment services at the University of Regina.

Others just stay in during all the flurry

of activities.

“I just stay home and my family and I do chores around the house,” said Amy Campbell, who also works at enrollment services at the University of Regina.

Whether staying home or going out to enjoy the activities planned with your families, it’s always nice to have a day off. For some others, though, it’s just another day.

Education evolves in a digital age



Theatre professor Wes Pearce utilizes online courses. Photo by Caitlin Brezinski

Caitlin Brezinski
@CBjschool

The shift towards online trends in education has led to a debate as to whether or not online courses are beneficial for professors and students.

Greg Bawden, an instructional designer who develops online courses, says online courses have a positive effect on students who may not otherwise participate in

around her busy schedule. But she does believe there are some potential limitations.

“Taking students from on-site and in-person will take money away from the buildings and their staff, as well as get rid of the interaction and Socratic dialogue that happens in most classrooms,” she said.

Anna Mudde, assistant professor of philosophy, said that she is a traditionalist in her approach to education because of her belief that face-to-face learning is more beneficial.

“I think that the classroom is an important human space. Being in the room with other people, especially when you’re wrestling with ideas, is helpful,” Mudde said.

Cayley Brooks, an English major, feels online classes have the potential to limit her learning.

“I feel like I would rather physically be in the classroom learning than kind of doing it on my own. It’s easier to get help and ask questions that way,” she said.

Since options for online courses began in 1999, Bawden says that there has been a continual growth in interest and enrollment, reaching over 6,000 students.

“The biggest benefit would be the flexibility. Students can take a course anywhere, anytime,” he said.

Although the interest in technology and education is growing, Mudde foresees difficulties.

“What we do in teaching is communication. It’s really hard to communicate effectively when you’re not in the room with somebody,” she said.

Wes Pearce, associate dean at the faculty of fine arts, believes that online classes have an important place in education.

“I think it allows the learning process to be more self-directed,” he said. “It sort of forces participation without someone standing in front of the classroom, calling you out, so I think many people appreciate that.”

Having experience in both traditional and online approaches to learning, Pearce noted that online discussions have generally been more thoughtful and more articulate than in class.

However, Pearce also points out that online class may not be for everyone. “Online learning can be very effective for some students, but I don’t think everyone learns the same way. If you’re a student who feeds on the energy of the classroom, it’s not necessarily going to be all that successful,” he said.

Despite discussion and debate into technology’s place in education, Bawden says that this shift in digital learning is unlikely to stop.

“I don’t think it’s going to go away. As we get more connected, as technology becomes cheaper and more readily available, there’s going to be more and more people using it,” he said.

Dickson: privacy laws need updating

Tanner Aulie
@AnmerTaulie

Some things like houses can comfortably last 30 years. Other things are like your 1991 Saturn and could use an update. It has been over 30 years since the Federal Privacy Act was enacted, and due to the vastly different methods in which information is stored and transmitted, experts agree it could stand to be updated.

On 28 Jan. interim federal privacy commissioner Chantal Bernier published the annual Privacy Commission Report, which includes recommendations on how the government could better protect the privacy of Canadians.

Some recommendations include more emphasis on informing the public on how intelligence is gathered, increasing accountability by having regular committees with members of the intelligence community, and regulating access to open-source information like Facebook and Twitter. Regulating access to open-source information is highlighted by Bernier as especially important because Facebook and Twitter have “the potential to become the predominant collection channel” in which information is gathered.

Each individual province and territory has its own privacy act. The Saskatchewan act as well as the federal act are the only ones that have not seen significant updates since they were enacted.

“Many of the same criticisms that the federal privacy commission are talking about are the same criticisms that I have been talking about with our provincial laws,” said Gary Dickson, information and privacy commissioner of Saskatchewan.

Dickson has been the privacy commissioner of Saskatchewan since 2003, and in each of his annual reports he has called for revision of the Freedom of Information and Privacy Protection Act to make it more

relevant to our time. “It’s no surprise that (the laws) are ill suited to try and address the kinds of challenges now posed by big data,” because there are technologies available now that were unheard of at the time of the act’s adoption, Dickson said.

Balancing the effectiveness of the agencies against the privacy of the citizens is a difficult task because “privacy laws do slow down the process but it’s difficult to say definitively if that is a good thing or

bad thing,” according to Jim Farney, an assistant professor of political science at the University of Regina.

“Separating intent to do something with just saying you are going to do something” is another issue Farney said agencies will need to deal with while sifting through information from social media websites. “And unfortunately, nationality will often inform their decision as to whether or not to act,” he said.

“People are generally not aware of their privacy rights,” Dickson said, but public opinion on the protection and the extent of those rights is mixed.

Students, who tend to be heavy users of Facebook and other online media, have mixed reactions to social media surveillance.

Alex Cousins, a second year political science student at the U of R, believes the laws should not be changed because “the entire point of a secret service is to be secret, accountability necessarily is at odds with its function.” Besides, he said, “You’re not that interesting.”

“If I was a bad guy then I would be afraid of surveillance, but I’m not a bad

guy, and I’m not doing bad things, so I don’t really give a shit,” Jesse Schmitz, a second year engineering student said. Schmitz also said he believes there are misconceptions around what information these agencies are gathering.

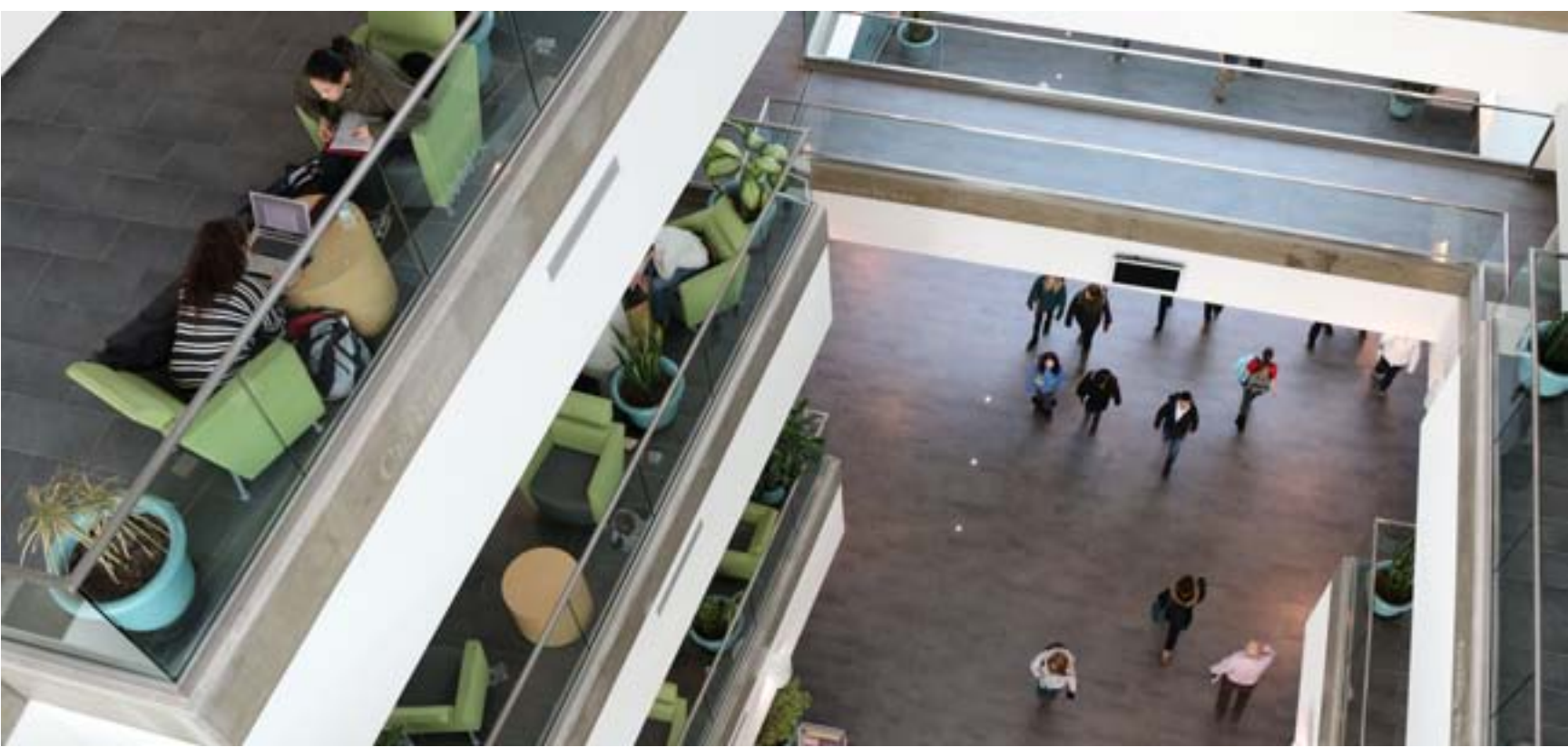
“They are searching for key phrases that are triggers that this might be a security risk. They’re not looking at your relationship status,” he said.

Others such as Kiera Mitchell are more wary of infringements upon their privacy. “I don’t like people knowing my stuff” she said. “Stephen Harper really, I think, only cares about his own privacy and he is willing to compromise pretty much anyone else’s privacy.”

Communications Security and Establishment Canada, which specializes in cybersecurity, and the Canadian Security and Intelligence Service, dealing with human intelligence, are the country’s two spy agencies.

In response to the privacy commissioner’s report, the Conservative government released a statement saying they will “have a dialogue” with Bernier about her recommendations.

Controversy at the U of R



The University of Regina is considering a partnership which critics say could damage the reputation of the school. Photo by Eman Bare

Eman Bare
@emanuellabare

The University of Regina faculty of business administration is considering a controversial partnership with Israel’s Hebrew University which raised public concerns about the ethics of such a partnership.

Although the finalization of any academic exchange has yet to be made, the university has seen much opposition for any sort of relationship with Israeli universities internally, municipally as well as nationally.

The proposed partnership with Hebrew University, specifically its Policing and Homeland Security Studies program, could be part of an MBA in public safety management developed for police service professionals here in Saskatchewan.

“Under current circumstances, can Israeli state-supported institutions teach humane yet ‘effective homeland security approaches’ without introducing ideology and attitudes? How will local Palestinians be portrayed: terrorists or an occupied people,” Peter Gehl of the Regina Peace Council wrote in a letter to U of R President Vianne Timmons. “How will

graduates of the proposed indigenous Exchange Program view their own people’s indigenous rights.”

Although the university is looking at several universities in Israel, the partnership with Hebrew University has raised the most concerns because of the university’s affiliation with the Israeli security establishment, including Shin Bet and the Israeli Defense Force. Classes offered at the university include policing terrorism, political violence and protesting violence, minorities and law and enforcement terrorism.

In an interview, the dean of business, Andrew Gaudes, stated that although those courses are offered at Hebrew University, those are not necessarily the courses U of R students would be taking.

The university has also received letters from the Regina Public Interest Research Group, Independent Jewish Voices of Canada, as well as several internal letters from faculty expressing concern over the partnership.

A concern in partnering with a school that works with the Israeli Defense Force, or IDF, is that they have been accused of several crimes including the torture of

Palestinians, imprisoning civilians (including children) without a fair trial, as well as willfully causing great suffering to a specific ethnic group. Israeli peace group, B’Tselem even published a report in 2013 criticizing the use of crowd control weapons in the West Bank.

Business professor, Andrew Stevens, said the partnership could do more harm than good for this university.

“I think with any partnership that the University of Regina, regardless of faculty, it should be a question of academics, ethics, and how it reflects upon individual faculty members as a whole. I think that for a number of reasons a partnership with Hebrew University could do damage to our reputation and at this point I’m not really confident that it advances any kind of scholarly or academic mission or interests amongst faculty or the institution,” said Stevens.

In the letter written by the Regina Public Interest Research Group, a concern brought up was the legality of the land Hebrew University was built on. Under international law, Hebrew University resides on a portion of land that belongs to Palestine.

“If I start responding to a question like that, I get into something that is beyond the academic inquiry. It is taken into consideration, but my understanding is different on that,” Gaudes said. “I do believe that since about 1945 Hebrew University’s location is within territory that has been recognized as part of Israel.”

The US Campaign for the Academic Boycott of Israel has noted that although the original infrastructure of Hebrew University may have been on land legally given to Israel, the university has expanded on land that is illegally occupied by Israel under the Fourth Geneva Convention.

“Internationally there is a growing movement amongst scholarly associations and within academic institutions and civil society organizations to consider the human rights question when partnering with companies and post-secondary institutions in Israel, specifically those that do business in the Occupied Territories,” said Stevens. “I think we should pause and consider why academic societies in North America and Europe are questioning these affiliations.”

CONTINUED FROM PAGE 1

“The idea is to use a special protein inside of the spinal cord that can prevent or reduce the amount of injury that is happening... It (takes the form of) a drug that I’ve discovered that if you administer it post-spinal cord injury, it actually reduces the severity of the lost neurons, lost nerve cells, and reduce or reverse paralysis,” Buttigieg explained. This is just one of Buttigieg’s ongoing projects. His other work includes research in genetic signatures

associated with atherosclerosis and stem cell transplantation.

Lastly, there is Thomas Hadjistavropoulos of the department of psychology; he is the third U of R recipient of the CFI grant.

Entering Hadjistavropoulos’ office, one can’t help but notice the walls are decorated with rows upon rows of awards. “There’s no room for my degrees,” he joked.

Hadjistavropoulos has had a successful history in the research field and currently specializes in the study of older

adults with dementia who live in nursing homes and who cannot express pain. He is devoted to developing methodologies for identifying and assessing those problems because he believes that pain problems in that population are often missed.

Hadjistavropoulos was awarded \$59,687 by the CFI, along with the matching contribution from the Saskatchewan Innovation and Science Fund, for his research on pain in older adults.

This month Hadjistavropoulos received another grant from the Saskatchewan

Health Research Foundation for over \$700,000 to lead a province-wide team with an aim to improve the quality of life for older adults.

“Canada is increasingly becoming less competitive because of reductions in the international scene when it comes to research and funding. Has it affected me personally? No, it hasn’t. My lab continues to be successful even in this difficult environment,” Hadjistavropoulos said. “The secret of success is persistence.”

Veterans rally against office closures



This Service Canada branch in downtown Regina is now the only one in the province still housing a Veterans Affairs Office. Photo by Brady Knight

Brady Knight
@BradyKnight1

A Saskatoon man who served in the Canadian military for more than 25 years says the federal government is penny-pinching at the expense of veterans.

Al Boyce served overseas in Europe and was part of the first F-18 squadron to fly into the Gulf War. He's not happy with the news eight Veterans Affairs offices will close across the country Jan. 31, including one in Saskatoon.

"I think the northern part of the prov-

ince is being missed," he said. "From Saskatoon north they have to go all the way to Regina. Anybody who wants to be served in person now has to drive all the way to Regina to talk to an agent."

A contingent of veterans were in Ottawa January 29 meeting with political leaders, including Veteran Affairs minister Julian Fantino, in a last-minute effort to stop the closures. The group is also receiving support from the Union of Veterans Affairs Employees (UVAE), and the Public Service Alliance of Canada. UVAE president Yvan Thauvette said they're disappointed.

"I think (veterans) deserve the best services and I think that for the last three to four years we saw the quality of service go down and down and down, and that's not helping that population," he said.

At press time, the department of Veterans Affairs had not returned phone or email requests for comment. However the government has claimed in various media outlets they are actually increasing the points of service by more than 600 locations, referring to the Service Canada branches that will be taking over from the closed Veterans Affairs offices.

But Thauvette said that's misleading. "The government's telling them that they will have 600 additional points of contact with Service Canada. But we all know that Service Canada won't be able to deliver the same type of services," he said.

"If a veteran goes to a Service Canada office, they will either be offered the computer, the 1-800 number or they will be given the form to complete by themselves, with no help or no support from the Service Canada employee."

Boyce isn't convinced this level of service will be adequate.

"Everything you want to do with the government you have to go through Service Canada and it seems like you never ever talk to anybody anymore," he said. "Some of the older people are getting a little frustrated they can't talk to some-

body."

Thauvette says the government's poor web infrastructure isn't helping the situation.

"I talked to a young veteran yesterday - 30 years old, pretty savvy with a computer - but he said to me it's very hard to navigate through the Veteran Affairs website to try to find the forms, to try to create your VAC account. He said that what would have taken 10 to 15 minutes going to an office, took a whole week. So that tells you a lot."

"What we're seeing and thinking is that maybe the government wants fewer clients," said Thauvette. "That's it - they want to see fewer clients, or clients will fall through the cracks"

In the end, Boyce said, this isn't the place to cut corners.

"I get the impression that since we're moving out of Afghanistan I think the government's trying to save money and I think they're doing it at people's expense. I don't really blame Veteran Affairs because they were told to cut so many dollars and I hope they're trying to do the best they can and to serve the veterans."

In addition to Saskatoon, the government is also closing offices in Corner Brook, Sydney, Charlottetown, Thunder Bay, Windsor, Brandon and Kelowna.

Poverty harms children's education

Bryn Hadubiak
@brynhadubiak

Although recent talks of test results for Saskatchewan students has focused on teaching methods, little has been said on how conditions at home can affect a child's learning experience.

Poverty is the single biggest learning difficulty students experience before others such as autism and illiteracy, said Marc Spooner, associate professor of education at the University of Regina.

As of 2010, according to Statistics Canada, around eight per cent of children in Saskatchewan live beneath the poverty line.

The effects poverty can have on a child's development are various; a family in extreme poverty is more likely to move around from apartment to apartment to afford rent, said Spooner, who researches poverty and homelessness at the university. This makes learning anything an uphill climb for children, he said.

"Learning is typically sequential, so you have to come everyday in class to be able to graduate and do well," he explained. "When you're in one class and then you (move and) miss segments, it's hard to keep up. You don't always retain what you've learned."

You're almost always starting over,

Spooner said, and the effects apply socially as well – on top of children falling behind in their education, friendships become harder to maintain.

"You're the new kid every time, which is very difficult, and now you're the new kid who doesn't know what was going on before," he said.

Poverty can also mean poor nutrition. Numerous studies show poor eating habits can prevent a child from staying focused in the classroom, but the school division can only do so much, said Terry Lazarou, supervisor of communications at Regina Public Schools.

"We're in the business of education, not nutrition, but we do recognize nutrition and good eating are vital to success in education," Lazarou said. "We do what we can to help ensure our students can make it through the day and are active and alert, but we rely very much (not only) on the assistance and cooperation of parents, but of other organizations that help provide nutritional needs for students who cannot otherwise get it at home."

In the end, it comes down to resources, he said.

Regina Public Schools has a number of elementary schools that are designated as community schools. They often have extra resources for providing nutrition and extra-curricular programs children might



Marc Spooner, an associate professor of education at the University of Regina, researches issues such as poverty and homelessness. Photo by Bryn Hadubiak

need, Lazarou said.

Schools that follow the community model are popular with teachers, said Tish Karpa, member of the senior administrative staff of the Saskatchewan Teacher's Federation. Instead of placing the burden on the teacher alone, Karpa explained, the effects poverty might have on a child's learning become a matter for the whole community to work together on. The community-based model gives teachers the freedom to focus on teaching, she said.

"Teachers are committed to responding to each of their kid's needs. What they need to (accomplish) that are the resources and the professional flexibility to respond

to each one of their students in relation to each of those student's contexts," Karpa said.

Spooner, however, is skeptical of the long-term viability of programs offered by schools, calling them "band-aids" for a more severe problem.

"I'm much more in line with getting to the root cause – let's get at the poverty. Let's not mask its effects; why are people poor in a province as resource rich and prosperous as Saskatchewan? Why are we experiencing poverty at all? Why are certain individuals in our society permitted to get to that level in the first place?"

Less time for citizens at city council

Samanda Brace
@BraceSamanda

Time allotted for citizens to speak at city council meetings has been cut in half. The time will be dropping from 10 minutes to five minutes as of Jan. 27.

John Klein, a former city council candidate and occasional presenter at Council meetings, said he feels that this decision is a step backwards for getting citizen participation. "It's not moving in the right direction. As for getting more democratic input from citizens, it sends the wrong message completely," said Klein.

Another problem, said Klein, is a citizen needs to know what's on the agenda before they can present at council but the agenda is not released until Friday, while the deadline for submitting briefs is Thursday.

"There's no way the average citizen can look up on regina.ca what's coming up at the next meeting and say, 'Oh I need to talk on that,' write something and show up on the next Monday."

Klein said the city should make a draft agenda available the week prior to the meeting and before the deadline for citizen-written briefs.

But while citizens still need to present comments in writing, the rules for making presentations have been relaxed, according to Bob Hawkins, city councillor for Ward 2. He said he thinks it's a very good change.

Hawkins said citizens no longer have to read their briefs verbatim. Since the councilors have already read the brief,



City council recently reduced the amount of time citizens can speak during meetings. Photo by Samanda Brace

citizens will have five minutes to speak in their own words about their brief, and then there will be an opportunity for the council to ask questions. He said time can be added if necessary.

"I think it is a change that will increase citizens' ability to participate democratically in council deliberation," said Hawkins.

"It's a better system, a more democratic system, a better way of getting citizen input than we had before," said Hawkins. As for the tight timeline for submitting briefs, Hawkins said it's never been a problem.

"That's the way it's always been and the reason is simply that citizens know what issues are before council and they can submit to the issue," he said.

Mayor Michael Fougere said the new rules allow citizens to make more points if new information has turned up since the writing of the brief, contributing to better discussion.

Fougere pointed out that members of council are themselves only allowed five minutes. He also noted residents don't need to provide written briefs to city committees.

"You can walk off the street, have nothing written at all and speak at anyone of our committees. No other levels of government allow that democratic process for residents to speak their views," said Fougere.

On Jan. 27, the Saskatoon city council also reduced the time allotted to citizens to five minutes.

Oil spill causes deluge of questions

Ethan Stein
@EthanStein5

On Jan. 18, an oil spill at Enbridge Pipeline, Inc.'s Rowatt Station startled Regina; the spill wasn't as damaging the Kalamazoo oil spill, but the disaster's shadow lingers over a province where oil and gas could be the economic future.

Although some of the oil was on a resident's farm, Enbridge publicly says there's "no impact to the public, wildlife or waterways." But it's not enough to assuage concerns from some citizens.

"It's probably better that it happened in the winter, when the snow caught it" and trapped the oil, said Emily Eaton, associate professor of geography at the University of Regina. With the extra layer of snowy protection, oil could be prevented from seeping into the soil, she explained.

Despite this, Eaton says damage was done, nonetheless. For Eaton it's not a question of if harm was done, but "a matter of how much harm, I guess."

"I don't think it's ever without some level of impact, but it depends on the conditions when it was spilled, how much was spilled," she said.

Sue Deranger of the Regina Neighbourhood Oil Watch is concerned about the

well-being of the environment and its citizens. Originally from Fort Chipewyan, Deranger says cancer is rampant on First Nations reserves located near Fort McMurray and the tar sands.

A 2009 Alberta Cancer Board study confirmed rare cancer malignancies were more common among the communities located near oilsand sites, and a second, more thorough study will be published in the future.

Deranger warns that Regina citizens are at risk because of Rowatt Station's close proximity to Regina, particularly SIAST.

Of eight students approached at SIAST by INK, four said they had sore throats, itchy eyes and nausea, common symptoms of exposure to oil. It's difficult to say if these symptoms resulted from spilled oil exposure or the H1N1 virus. However one student said similar symptoms were common around her hometown of White Bear, which is surrounded by oil activity.

Even though the pipeline was leaking for just 30 seconds, it was enough for 125 barrels of oil to escape. "Imagine the damage of five minutes, an hour, or a week," said Deranger. Deranger and the Neighbourhood Oil Watch are focused on information; the group wants to alert citizens to the dangers of oil transportation

and oil spills.

"There's other pipelines in Regina; White City has an Enbridge pipeline in their neighbourhood, Uplands has a pipeline running to the upgrader," said Deranger.

"In Rochdale, when they were trying to widen the road they found a pipeline from the 70s. I talked to a reporter who had gone there and she said that was just the tip of the iceberg. They never looked to see if there were pipelines under the pipeline that leaked."

"While the spill's cause is unknown as of press time, human error is the most common possibility," Eaton said.

A 2012 study by the International Tanker Owners Pollution Federation Limited found 64 percent of oil spills came from "heavy weather damage and human error."

"We can have the gold standard of monitoring and there will still be pipeline accidents. How safe are they? We can make them safer, but in the life of a pipeline the risk of rupture or failure is always there. There is always a risk for failure no



U of R professor Emily Eaton studies the energy industry's impact on the province. Photo by Ethan Stein

matter how well monitored, but certainly there are things we can do to monitor our pipelines more rigorously," said Eaton.

Sometimes monitoring is easier said than done, however.

"Uplands has a big pipe, and when my friend that lives there asked what they were doing they said, 'Ooh nothing, nothing, don't worry about it.' As soon as he asked, they built a fence around it, as well as a light and camera, just because he asked," Deranger said.

As oil companies expand in the province, Deranger worries the price could be great. "If that's 125 barrels and more because they wanna expand, then what?"

2014 SUMA convention promises success for Sask. immigrants

Tatenda Chikukwa
@Tat_Chikukwa

The Saskatchewan Urban Municipality Association held its 109th annual convention last week and this year's theme was "Strength from Many People".

CRA award winner, world-class long distance runner and former Ethiopian refugee, Ted Jaleta was the convention's keynote speaker.

Jaleta hoped to inspire the delegation by telling them his life story. He wanted people to know about the great potential Saskatchewan and Canada has to offer immigrants.

Jaleta has lived in Saskatchewan for 32 years and shared some of the things he has done to immerse himself into Canadian society.

Jaleta said there is often a lack of understanding when it comes to new immigrants. People often forget about the struggles refugee have gone through to survive daily life and thus when they arrive to Canada they cannot be expected to instantly adjust or grasp to our social norms.

"The more diverse you are, the more competitive you can be on a global scale."
- Meka Okochi

He spoke to high school students at Bal-four Collegiate last week to educate young people about the challenges other people may face. Influencing a younger generation will help discourage the ideology that different is dangerous or bad. Jaleta said immigrants need to appreciate Canada for giving them a second chance, and, in turn, Canada must appreciate the knowledge and diversity immigrants offer society.

Meka Okochi, vice president and economic development manager at Regina Regional Opportunities Commission, could not agree more with Jaleta. Okochi, who was born in Lagos and educated in Tokyo, Paris and Sweden says, "The more diverse you are, the more competitive



Meka Okochi, vice president and economic development manager at Regina Regional Opportunities Commission, is pleased about the arrival of new immigrants in Saskatchewan. Photo by Tatenda Chikukwa

you can be on a global scale." Okochi said people living outside Canada are attracted to major cities like Toronto but they are quickly realizing the jobs are in small towns and cities.

We have a lot of talented people coming in, but the question is: how do we retain those people if the economy slows down? That is why we need to develop the right social and fiscal infrastructure, according to Okochi. He said businesses and government play a big part in keeping people in Saskatchewan.

"It's not just about making money. There is distance that money can get you to but it can't buy you the whole package," said Okochi. For him it means that we need to develop our music, art, cultural, and general attitude as a mosaic to really make immigrants feel like a part of the community. Okochi also said it is a great loss to our economy that high-skilled people, educated in foreign countries, are not given a clear path to meeting the requirements for working in Canada.

The notion of having "Canadian experi-

ence" is something that people need to snap out of, and instead ask if people can do the job they have been trained, said Okochi. This is an issue that is sure to hold back our economy on a federal and provincial scale, he said.

In addition to promoting diversity, the conference's 1,600 participants will discuss a wide range of issues, including a reliable power grid in Northern Saskatchewan, burning of demolition material, policy levies and more, according to Laurent Mougéot, chief executive officer of SUMA.

School of Journalism

34th Annual James M. Minifie Lecture

Nahlah Ayed

Foreign Correspondent for CBC's The National

An award-winning reporter, Nahlah Ayed has covered many key events in the Middle East including the Arab uprisings.

University of Regina

Wednesday, March 12, 2014
@ 7:30PM
Education Auditorium

Analysis: Job growth evades youth

Evan Radford
@EvanRadford

The logo for the federal government's Economic Action Plan features three arrows, running forward on a horizontal plane, suddenly surging up onto a vertical axis. The arrows form one collective arrow presumably representing the Canadian economy.

But the logo functions as a distraction, rather than affirmation, from the government's economic record over the past seven years. While the Conservative party continues to tout its allegedly steady hand in managing and stimulating the Canadian economy, its record in creating jobs for young people is shoddy at best.

Data released by Statistics Canada shows Canadian young people still remain at high unemployment rates. Several Ottawa-based think tanks agree: Canadian youth struggle and fail to find work, while the federal government fails to create job opportunities for them, despite its claims to growth and prosperity.

Consider the following numbers: the national unemployment rate in January 2006 was 6.6 per cent. As of last month the same measurement was 7.2 per cent. The youth unemployment rate has jumped from 12.2 per cent to 14 per cent in this time period. For the record, Statistics Canada classifies youth as between the ages 15 and 24. What about numbers in the next age category?

The unemployment rate for men and women aged 25 to 54 is at 6.1 per cent,

as of December 2013. The real kicker is the fact people who give up looking for work are excluded in the unemployment category for Statistics Canada.

"They're not tracked outside the labour force; four-fifths of the decline in the unemployment rate has been people dropping out of the labour force. People give up looking for work," explains David Macdonald, senior economist at the Canadian Centre for Policy Alternatives.

"Youth are hit particularly hard. Youth today are no more employed than they were at the worst time of the recession," Macdonald says.

Peter Gilmer of the Regina Anti-Poverty Ministry stresses that youth unemployment is an issue across Canada. In Regina, he sees young single mothers, single youth, Métis youth and First Nations youth struggling most frequently with unemployment.

Gilmer says financial cuts to valuable social programs have hindered chances for these young people to find and maintain stable jobs. The programs originally provided support to young people in seeking employment.

Why does this matter now?

Minister of Finance Jim Flaherty announced the 2014-15 federal budget, dubbed the Economic Action Plan, will be tabled on Feb. 11.

"The government has for the last few years tried to get the budget back into balance and out of deficit," notes Brian



Peter Gilmer of the Regina Anti-Poverty Ministry sees a variety of Regina youth who struggle to find work. Photo by Evan Radford

Lee Crowley, managing director of the Macdonald-Laurier Institute.

The manager of the non-partisan, Ottawa-based think tank believes this focus on eliminating federal debt is the priority that's driving everything else. "The key driver here is a balanced budget in 2015, which would be in time for the next federal election," Crowley says.

As Crowley suggests, a balanced, debt-free budget will likely be a claim the Conservatives use to garner votes in the 2015 federal election.

All governments want to portray themselves as good economic managers, including Stephen Harper's Conservative party, Macdonald notes.

The problem is the Conservative party will be campaigning for Canadian votes

based on false claims of job growth fueled by tax breaks.

Simon Lewchuk, a socio-economic policy analyst with the advocacy group Citizens for Public Justice, clearly explains the problem for young people: "Current tax credits are policies that benefit people with high levels of income."

It follows that people with little to no income cannot use the tax credits the Conservative party alleges benefit Canadians, young or otherwise.

One would hope that in 2015 young Canadian voters will sift through the rhetoric and false claims of job creation to see the Conservative party's poor record in securing stable employment for the country's youth.

Sask overflowing with writers

Robyn Tocker
@RobynTocker

Since 1993, the province has held the Saskatchewan Book Awards (SBA) to highlight the great writers and publishers living beneath these blue skies.

"People say that Manitoba is full of musicians and Saskatchewan is full of writers. I don't know if that's true but I do know there are a lot of writers who live in Saskatchewan and are very good," said Melanie Schnell, winner of the First Book Award and Regina Award in the 2013 SBA.

Joanne Skidmore, the Awards chair, said the organization had a simple beginning.

"(It started) at a time when people who were connected to writing, publishing, and libraries saw that writers from Saskatchewan were getting a lot of attention across the country but not any focused attention in the province," she said.

Twenty-one years after the very first award ceremony, when there were only four awards to win, the residents of Saskatchewan eagerly await the announcement of the short list. On Feb. 13, the public can gather in the common area of Campion College at 3 p.m. to hear who the judges have chosen to short list for the 13 available awards.



The Saskatchewan Book Awards will be holding their short-list announcement on Feb. 13. Photo by Robyn Tocker

"If your book is submitted and it is short-listed that means something," said Skidmore. "If you go to a different publisher with a new book it immediately puts the manuscript in a different category."

In each award category, there are three judges, totaling 39 judges from across Canada. The judges receive the entries in November and spend roughly two months reading before discussing their ideas for a short list (and winner) over conference calls.

If the judges of a category feel there isn't a book that deserves to win, the award is not given out.

"Judges always have the prerogative to say, 'Nope, not good enough,'" said Skidmore.

For these reasons, writer Schnell feels pretty fantastic for winning not just one, but two, awards. She was also nominated for the fiction award and Book of the Year. While such news was thrilling, Schnell said it was also nerve-wracking.

"Everyone said I must be so excited. It wasn't excitement, it was pure nerves because, 'Oh my gosh, I'm nominated for four (awards), let me at least win one!'"

Schnell said she has written since she was a little girl, although she spent much

of her young life travelling and living a bohemian lifestyle, avoiding a writing career entirely. She fully embraced the idea of writing for a living when she was in her 30s.

"All those things were me avoiding writing because writing is hard. You have to be disciplined. It's isolating. You go into deep, dark places," she explained.

Her first novel While the Sun is Above Us certainly goes into dark places. Through two female narrators, Schnell tells the story of two women, one in war-torn Sudan and the other from a non-profit organization, who meet just once and spend the rest of the story narrating their experiences to each other.

"They're doing it as a desperate attempt to connect to each other and try to justify what happened at the meeting," said Schnell.

Since winning the awards, Schnell has had a lot of requests to do presentations, readings, and interviews. She mentioned a few people are working on a screen play of the novel with the potential of it being made into a film.

For her, the book awards helped put her work on a path to success.

Competition heats up for NAIG ‘14



Heather O'Watch, 18, an archer from Regina, hopes to be in the winner's circle at the North American Indigenous Games in Regina this summer. Photo by Adam Gamble

Adam Gamble
@GambleAdam

Nearly 450 athletes ages 13 to 19 are vying for a chance to represent Team Saskatchewan in the North American Indigenous Games July 20 to 27 in Regina.

NAIG is comprised of 15 sports, including boxing, wrestling and volleyball.

"It's a pretty big deal. It's like the Olympics for Aboriginal Peoples," said Heather O'Watch, a 3D archer from Regina competing for a spot on Team Sask.

"3D archery is basically shooting at fake animals," O'Watch explained.

At 18, O'Watch is no stranger to competition; she has been playing softball and soccer for Okanese First Nation at the Saskatchewan First Nation Summer Games since she was 11. She has also been playing broomball and volleyball at the Saskatchewan First Nation Winter Games for the same amount of time.

However, she only began shooting a bow competitively when she tried out for her First Nation's archery team last April. "The coaches said I was doing good and gave me a chance. So, I trained once a week in Fort Qu'Appelle from May to June and competed in July," O'Watch recalled. "I ended up winning a silver medal. I only lost by nine points, which isn't a lot."

"Before this, I picked up a bow at Dallas Valley Ranch Camp once when I was in Grade 8. I might have shot two arrows."

O'Watch is now among 18 athletes – both male and female – who made the first

cut of Team Sask's U-19 archery ID camp in Saskatoon in September. There were originally 36 athletes.

She has since trained among the other selected archers in Prince Albert. The first time was in December, and the second was earlier this month.

"I credit my success to my hand-eye coordination, which comes from being in Regina's 2370 squadron Army Cadets for six years," O'Watch explained. "Out of those six years, I was on the range team for three."

O'Watch practices at the Wascana Archers Club at least once a week for one to two hours.

"In 2006 and 2008 Team Sask won the Games. So, I want to help them do that again, but at home."
- Landon Sasakamoose

To remind herself of how much harder she must work if she wants to make Team Sask, she keeps her score cards in her jacket pockets.

On Feb. 1, O'Watch set a new record with a score of 138, winning the Saskatchewan Archery Association Indoor 3D Provincial Championships in North Battleford. "I will know by the end of the week if I make first string or alternate," she said.

Whether O'Watch makes first string or not, she will be increasing her practice time to a minimum of two practices a week. She will also be practicing at outdoor and indoor shoots across the province every

month until the Games.

On Feb. 22, she will reconvene with her coaches and teammates at an indoor 3D practice shoot in Prince Albert.

"This is my first year trying out, and my last year of eligibility," said O'Watch. "I want to win a gold medal at home."

Although it's not Landon Sasakamoose's last year of eligibility, it, too, is his first year trying out for Team Sask.

Sasakamoose, 15, is a runner from Ah-tahkakoop First Nation.

"I started running cross-country when I was 10," said Sasakamoose. Since then, he has won 28 gold, four silver and two bronze medals from various running

competitions throughout the province, including both the Saskatchewan First Nation Summer and Winter Games.

"It means a lot to me to have the chance to represent Team Sask at NAIG – and at home," said Sasakamoose. "I've competed against runners from Quebec, Manitoba and Alberta at a meet in Saskatoon before, but not against all of North America."

"When I started running, I ran five kilometres every second day and my dad followed behind me in his truck," said Sasakamoose. "I'm going to have to work a lot harder now."

Since the last week of January, Sasaka-

moose has been training at St. Mary's Track Club in Prince Albert twice a week. There, he practices all running events. This supplements the training he already does at home: weights, starting block practice and, of course, running.

"I've been known as a long-distance runner since I started. Because I haven't done many sprint events, that's something I really want to work on and compete in in the Games."

In 2006 and 2008 Team Sask won the Games. So, I want to help them do that again, but at home."

Sasakamoose will compete in the Saskatchewan First Nation Winter Games in April, and if he does well, he will likely be invited to Team Sask's final camp, where he could be chosen to represent the province and his people in any event from the 200 to the 2,000-metre dash.

"Team Sask will be very competitive," said Mercel Mercredi, chief de mission for the team. "This year is the 40th anniversary of the Saskatchewan First Nation Summer, as well as Winter Games. Our province also has the FSIN Youth and Adult Provincial Sport Championships. No other province has events like these except for Manitoba, which recently started their games."

"These events help develop our athletes."

Yoga: a new approach to backpain

Jeremy Simes
@jeremysimes

As she gazes toward a sweat-filled ceiling, contorting her limbs while holding a half backbend; breathing, one might think yoga is no place for a back to relax. Yet Sarah Garden, director at the Bodhi Tree yoga studio, proves differently through the Yoga for Backs class.

Of the 35 people who attend the class, Mike Roberts, prep supervisor at the Keg, said he has been able to rid himself of the large amounts of prescription medicine he used to take.

Roberts said he used medication daily, and morphine was one of them. "The problem with that medication is that after a while it doesn't work. I would up the dose," he said. The side effects weren't pleasant, either.

"Sometimes you just deal with it because it's better than the pain," he said, referring to side effects like drowsiness, decreased reaction time and impaired judgement.

Garden, too, is no stranger to back injury. She ended up in three consecutive car accidents. The most memorable was when a car rear-ended her vehicle at 70 kilometres per hour. "It ended up being a pile up," she said.

The result of the accidents gave Garden chronic muscle spasms, back pain and migraines. She ended up doing physiotherapy and took medication that contained



Sarah Garden and Mark Roberts, demonstrate an elevated headstand, good for neck and back pain. Photo by Jeremy Simes

codeine. However, she would only take it when she experienced physical pain or a headache.

"I was like, I don't want to take it, but I don't know how else to be functional," she said.

Yoga became an answer. Her partner,

Colin Hall, introduced her to a therapeutic yoga studio in Calgary, where she apprenticed under Susan Jensen. Garden then went to Pune, India to further her studies. Finally she ended up in Regina, opening Bodhi Tree, which created the Yoga for Backs class about four years ago.

And that's when Roberts decided to become one of her students. He had just recovered from hip surgery, and his massage therapist recommended he try out one of Garden's classes; it was the only one that was offered at the time. "She kept saying, 'You should go to yoga!' And (I said), 'If I go, will you leave me alone?'" he laughed, recollecting the conversation.

Garden's back class has finally become what she wished it to be. Initially, she wanted to "make people 100 per cent functional again, but sometimes people are under the wringer," she said. "How can you help them function better with what they're dealing with?" To answer her own question, she created an individualistic assessment approach that personalized programs and goals for every student.

For Roberts, Garden was able to reduce the bow in his legs by three inches. "If you stick with the small results, it just continues and continues. I have flexibility I didn't have in my twenties," Roberts said.

However, not all who attend the class are able to completely stop using medication. Garden said that there are three forms of pain: remembered, anticipated and present. "(To) get people to be in the present, I ask, 'Will you regret this tomorrow?' If yes, you are doing too much," Garden said.

Roberts said he isn't much of a spiritual guy, but he said there is something different about being in class. "I don't know if it's the people or the instructor," he said. "We get pretty rowdy." They both laughed.

Jackson wants race in Sask.

Colton Hordichuk
@ColtonHordichuk

Mud Hero, Canada's largest obstacle running series, is held in almost every province except Saskatchewan. Regina local Dale Jackson is looking to change that.

Jackson attended his first Mud Hero race last August in Red Deer, Alberta. The race involves long distance running combined with challenging obstacles.

"I also love obstacle courses. But I would think it would be a big challenge."
- Amy Eklund

Jackson explained that the registration fee for the six-kilometre race cost just \$25, but he had to spend "over \$700 for gas and hotel accommodations." So, when he returned home from Red Deer, he emailed the event organizers requesting that the race be held somewhere in Saskatchewan.

Jackson said the organizers responded, asking him for location ideas. The runner explained that he thinks the Mission Ridge Winter Park located in Qu'Appelle Valley would be an ideal location for the race.

Ted McLeod, co-founder of Crazy Canuck Events, the organization that

oversees Mud Hero, said there are many factors that go into finding a new venue for the event.

"We like to bring people into unique venues that showcase the landscape of wherever we're going to be hosting an event. On top of that, can we do things like set up our obstacles safely and can we dig mud pits?" McLeod said.

He also noted that parking is a big concern, and the event must be held near a body of water to create mud.

The race features a variety of obstacles which include a cargo net climb, a mud slide, a balance beam and more. In total, there are up to about 19 different obstacles that runners could face during the run.

Regina's Amy Eklund, who has four marathons under her belt, said she would participate in Mud Hero if it was available in Saskatchewan.

"Coming from a marathoner's view, I think it would be a different training aspect. You would be overcoming many different challenges. I also love obstacle courses. But I would think it would be a big challenge," Eklund said.

Local runner Ghia Schell is hoping to compete in a mini triathlon this year. She said she would also compete in the event if it came to Saskatchewan.



Dale Jackson, far right, poses with his team at the 2013 Mud Hero race in Red Deer, Alberta. Photo courtesy of Dale Jackson

"It would be very interesting, that's for sure. Plus, it's one of those things where it's like running a half-marathon where no one actually thinks it's a good idea, and then when you do it, you're so glad you were a part of it," Schell said.

Unfortunately for Jackson, Mud Hero is booked up for 2014, but the runner remains determined to bring the event to Saskatchewan.

"I'll email them again... I want to see

why they didn't bring it here this year, and if they are thinking about it next year," Jackson said.

"Once you start doing something like (Mud Hero), it's addicting."

Meanwhile, Jackson recently returned from running Walt Disney's World Marathon Weekend. He is currently signing up for other races for the rest of the year.

Detox Myths Flushed



Laura Stark, doctor of naturopathic medicine, gives detox advice in her office at Cathedral Wellness Centre. Photo by Amanda Symynuk

Amanda Symynuk
@amanda001

Are you seeing results from those New Years resolutions to hit the gym and eat healthy? If not, maybe you need a jump start. Detoxes and cleanses are often marketed to offer fast weight loss.

"I've done wild rose detox three times. It's awesome," said Melanie Pelletier.

The main selling point of cleanse and detox programs is that the environment we live in and the food we eat are full of toxins, and, to become healthier, we must get rid of those toxins from the body. Smoking, alcohol, air pollution, hormones and antibiotics commonly used in animals are the main toxins blamed for health problems.

Detox programs also promise a lot of weight loss in a short period of time.

"It's so convincing when you're reading about it," said Mehad Atim, who tried a

cleanse in high school.

"There's a lot of misleading marketing out there," said Heather Dzioba, registered dietitian. She warns to be wary of products which offer a "cure," "miracle" or "guarantee."

There are so many detox programs on the market that we often forget our bodies can do this on their own.

"We are always taking things in and our body is always detoxifying. If we think of that as a water tank with a tap on the bottom that we open up, we open up that tap and we're always letting some of that waste come out. We're always filling up from the top faster than we empty it out from the bottom so it overflows and we get symptoms of toxicity," explained Laura Stark, doctor of naturopathic medicine.

It is very common for people to ask dietitians like Dzioba about detoxifying their bodies. She said there are different programs. Some involve strictly drinking

fluids, restricting certain foods and taking supplements, colon irrigation or laxatives.

So, after you lose a few pounds from a cleanse you might feel great, but the effects are only temporary.

The reason a person would feel energized after a quick cleanse is because the weight loss causes the body to produce stress hormones, Dzioba explained. One of the stress hormones, cortisol, slows down calorie burning, so you have energy to sustain the stressor of sudden weight loss. "Even if you see some short term effects they won't be beneficial for long term," she said.

Jordan Tsang, a University of Regina student, said he usually does a cleanse after a holiday because he doesn't eat as well as he normally does. He said he will eat healthier to get back on track by cutting out pop and replacing it with lots of tea.

The restricting of certain food is one of the most ineffective ways to achieve long-

term weight loss, according to Dzioba.

She explained that by detoxing you are restricting all junk, but it's not a long term solution.

"A healthier approach would be to limit instead of eliminate so you can sustain the change for the long term," she said.

Do not despair if you have not seen the effects of your hard work. Stark says that January may not be the best time to recharge. This is the time of year when our bodies want to hold on to the calories.

"Like changing an oil filter in a car, doing a seasonal cleanse for maybe a week or two in the spring, and a week or two in the fall, when our body naturally wants to cleanse, is really wise," she advised.

As for the effectiveness of the more extreme cleanses on the market: "There's no proof made by any of these diets," said Dzioba.

To the streets: Have you ever done a cleanse?



"I try to do them quarterly or about every three months."



"Well, I already go to the gym a lot."



"I've had friends that have had issues about taking too much out of their bowels."



"I'd consider it, definitely."